

Concerned About Your Relationship?

LESBIAN. GAY. BISEXUAL. TRANSGENDER.

In all our diversity, there's one thing we have in common: our intimate relationships affect our health. A girlfriend, boyfriend, lover or other partner who treats you badly can cause serious injury to your body, mind and emotions.



Are you ever afraid
of your partner?



Does your partner tell you
what to do and who to see?



Has your partner ever threatened
to harm or "out" you?



Has your partner ever hit you,
thrown things at you or
forced you to have sex?



Does your partner threaten
to have you deported?








**IF YOU ANSWERED "YES,"
EVEN ONCE,
YOUR PARTNER
MAY BE ABUSIVE.**

Abuse Affects Your Health

Abuse usually gets worse over time and will eventually have a harmful effect on you. Is your relationship causing any of these problems or making them worse?

"I knew that it could happen in lesbian relationships but I did not truly believe it was happening to me. But it was."




GLORIA

-  Anxiety or depression;
-  Sleep problems;
-  Physical injuries;
-  Headaches, back pains, frequent colds, high blood pressure;
-  Eating problems, such as eating too much or not at all;
-  Sexually transmitted diseases from forced sex;
-  Substance abuse.

Health Care Providers are Here to Help

Please let the nurse or doctor know that you are afraid of your partner or that your partner is hurting you.

YOUR HEALTH CARE PROVIDER MAY BE ABLE TO:

-  *Meet with you privately and talk with you about your options;*
-  *Help you find counseling, a safe place to stay, legal help or other services you may need;*
-  *Keep records (including photos) of any injuries.* These will be useful if you ever decide to go to court for a restraining order or to seek custody of your children.

"I really appreciate it when my patients tell me what's going on. I know it's hard to speak up. But telling the truth is the first step to getting help."

LEIGH, DOCTOR







"Abuse is the cause of so many of our patients' health problems. I try to listen and help them find safety."

JOHN, NURSE

In some states the law requires clinics and hospitals to report certain kinds of abuse. Call one of the local resources listed on the back to discuss what the law is in your area.

healthy **PEOPLE**

Take Action

-  *Talk with somebody you trust:* a friend or relative, someone from your job or house of worship, or someone at this clinic or hospital.
-  *Keep reaching out.* You may encounter ignorance, prejudice or discrimination. Please don't let this stop you. We all deserve respect and support.
-  *Call one of the groups listed on the back* to find out about counseling, books you can read about abuse, support groups and other free and low-cost services.
-  *Remember that you are the expert about your own life.* Don't let anyone talk you into doing something that's not right for you.
-  *Call the police if you are in danger.*
-  *Put together an "emergency kit" of things you would really need if you had to leave suddenly.*

“My main reason for separating was to protect my children. My responsibility for them overrode my own conflicting feelings for him.”

ROBERT

There is
no Excuse
for Abuse

healthy COMMUNITIES

You are Not Alone.

Abuse is a problem in lesbian, gay, bisexual and transgender relationships—just as it is in the “straight” world. Abuse happens in every culture, every country, every economic level and every age group and it may be happening to you.

There are many myths about domestic abuse in our communities, such as:

Gay men can't be victims

Lesbians can't be abusive

Nobody cares what happens to transgender people

The bigger, stronger person is always the abuser

Drugs and alcohol cause abuse

Insults and threats are okay, as long as there's no physical abuse

The truth is abuse happens if your partner believes it's okay to use threats and violence to control you and the relationship.

No one deserves to be abused or threatened. You cannot stop your partner's abuse, but you can find help and support for yourself.

Local Resources

SAN FRANCISCO

All numbers are in the 415 area code.

24-HOUR INFORMATION ON SHELTER, COUNSELING AND OTHER SERVICES

■ ▼ **W.O.M.A.N. Inc.** 864-4722
(Women Organized to Make Abuse Nonexistent, Inc.)

COUNSELING/SUPPORT SERVICES

- ◆ ● ▼ Asian Women's Shelter 751-7110
- Cameron House 781-0401
- ◆ ■ ▼ CUAV (Community United Against Violence) 777-5500
- ◆ ■ La Casa de las Madres 777-1808
- ◆ ■ Riley Center/Rosalie House 552-2943
- ● SF Women Against Rape 647-7273

LEGAL ASSISTANCE

- ▼ Family Violence Project, SF District Attorney's Office 552-7550
- Nihonmachi Legal Outreach 567-6255
- ● ▼ SF Neighborhood Legal Assistance Foundation 982-1300
- Volunteer Legal Services Program 982-1600
- SF Police—Domestic Violence Unit 553-9225

IF YOU ARE ABUSING YOUR PARTNER, CALL:

- ■ Center for Special Problems 292-1500
- Manalive 552-1361
- ▼ MOVE 777-4496

- ◆ Services include emergency shelter
- Spanish spoken
- Asian languages spoken
- ▼ Specialized gay, lesbian, bisexual and/or transgender services

NATIONAL DOMESTIC VIOLENCE HOTLINE

1 (800) 799-7233



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E-MAIL: fund@fvpf.org
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